

A Healthy Relationship

- You can share your emotions without fear
- You always feel physically and emotionally safe
- You feel heard and respected even when disagreeing
- You can set healthy boundaries
- You can be yourself
- You and your partner can both give and receive support
- You and your partner allow one another to grow and evolve within and outside of the relationship
- You and your partner each have your own interests and connections outside of the relationship.

Add Your Own!

Here are some prompts to get you thinking:

- To feel safe in a relationship I need...
- The healthiest relationship I have ever had was with... I know it was a healthy relationship because...
- When I imagine a healthy relationship, I see...
- What I have done to help build a healthy relationship in my life is...
- What DOESN'T feel healthy to me is... and so that suggests that healthy is...

